Rehearse Impact Drill

Setup

Get into a solid impact position: hands ahead of the ball, weight forward, and chest stacked over the ball. Hold this position for a few seconds.

Swing Cue

Rehearse the impact position a few times, then swing through. You’re training your body to return to this strong, compressed position through the strike.

What to Notice

This drill builds ball-first contact and eliminates scooping. You'll start feeling more compression, cleaner strikes, and better ball control almost immediately.

Next: Go to 'Glove Under Armpit Drill' -> Contact & Connection